

Extreme Hot and Humid Weather Policy

A Wet Bulb Global Temperature (WBGT) reading must be utilized at each practice to ensure that the policy is being followed.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Under 82.0	Normal activities—Provide at least three (3) separate rest breaks each hour of minimum duration of three(3) minutes each during workout
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; provide at least three (3) separate rest breaks each hour of a minimum of four (4) minutes duration each.
87.0 – 89.9	Maximum practice time is two (2) hours. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four (4) minutes each.
90.0 – 92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice.
Over 92.1	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs.

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WBGT reading is over 86:
 - a. ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process
 - b. cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness

DEFINITIONS

1. **Practice:** the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave the field.
2. **Walk through:** this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight room activities. Players may not wear protective equipment.

HEAT ILLNESS SYMPTOMS AND TREATMENTS

(As Recommended by the National Athletic Trainers Association, July 1999)

Heat illness is used to define several types of afflictions suffered when an individual experiences a rising body temperature and dehydration. Following are the different forms identified by the NATA.

Symptoms

Heat Cramps - Muscle spasms caused by an imbalance of water and electrolytes in muscles. Usually affects the legs and abdominal muscles.

Heat Exhaustion- Can be a precursor to heatstroke
Normal to high temperature - Heavy sweating
Skin is flushed or cool and pale, rapid pulse, nausea, Headaches, dizziness, Physical collapse may occur
Can occur without prior symptoms, such as cramps

Heat Stroke -

Body's cooling system shuts down

Increased core temperature of 104° F or greater.
If untreated it can cause brain damage, internal organ damage, and even death. Sweating stops.
Shallow breathing and rapid pulse. Possible disorientation or lose consciousness
Possible irregular heartbeat and cardiac arrest.

Treatment

Rest in a cool place - Drink plenty of fluids
Proper stretching and massaging.
Application of ice in some cases.

Get to a cool place immediately and out of the heat.
Drink plenty of fluids, Remove excess clothing
In some cases, immerse body in cool water

Call 911 immediately

Cool bath with ice packs near large arteries, such as neck, armpits and groin.

Replenish fluids by drinking or intravenously

FLUID REPLACEMENT (From the NATA)

<u>Weight Lost During Workout</u>	<u>Fluid Amount Needed To Refuel</u>
2 pounds	32 oz. (4 cups or one sports drink bottle)
4 pounds	64 oz. (8 cups or two bottles)
6 pounds	96 oz. (12 cups or three bottles)
8 pounds	128 oz. (16 cups or four bottles)

GUIDELINES FOR HYDRATION DURING EXERCISE (From the NATA)

1. Drink 16-24 oz. of fluid 1 to 2 hours before the workout or competition.
2. Drink 4-8 oz. of water or sports drink during every 20 minutes of exercise.
3. Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.

Head Coach